



Office of Therapeutic Services

Send all Therapeutic Registrations to:
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SOCIAL RECREATION

Around the Town Club **\$30**

This social club utilizes community trips as a means to improve socialization leisure awareness and independent living skills. Members must be able to participate with minimal assistance. Snacks provided.

No Class 11/11

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.801	Th	9/23-11/18	7-9pm	18+	8	CS

Note: New Location - ATTC to meet at Cypress Senior Center on the 1st night of program only.

Leisure Club East **\$50**

This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Individuals must be able to understand simple directions and require minimal supervision. Snacks will be provided.

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.808	T	9/21-11/9	7-8:30pm	18+	8	ARYC

Note: New Location

Leisure Club West **\$50**

This club is a leisure education program designed to develop leisure awareness interests and social skills for individuals with developmental disabilities. Individuals must be able to understand simple directions and require minimal supervision. Snacks will be provided.

Course #	Day	Date	Time	Age	Mtg.	Loc.
263.2.810	W	9/29-11/17	7-8:30pm	18+	8	MW

Note: New Location! West Moreland Room 3

Parents Night Out **\$18**

A play program for children with disabilities and their siblings. Fun safe place to play while parents or caregivers have an evening to themselves.

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.815	F	10/15	5:30-9pm	6-13	1	BR

Kinderfun **\$70**

A play program for children with developmental disabilities. The class includes music, games, arts and crafts, movement activities and field trips. Snacks will be provided.

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.807	Sa	9/25-11/13	9:30am-12:30pm	4-10	8	BR
294.2.811	Sa	9/25-11/13	10am-1pm	4-10	8	MW

Creative Movement & Dance Kids **\$45**

A fun movement class that develops coordination, attention span and gross motor movement skills for children with disabilities.

Instructor: Palmer

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.805	Th	9/16-11/4	7:15-8pm	5-12	8	AR

Creative Movement & Dance Teens **\$45**

A fun movement class that develops coordination, attention span and gross motor movement skills for Teens with disabilities.

Instructor: Palmer

Course#	Day	Date	Time	Age	Mtg.	Loc.
263.2.806	Th	9/16-11/4	8:15-9pm	13-18	8	AR

ADAPTED SPORTS & FITNESS

Adapted Bowling **\$5 Drop-In/\$70**

This bowling class is designed for individuals with disabilities ages 11 years and older. Sportsmanship, teamwork, and individual skills are taught for all levels of bowlers. Food may be provided at special events. Location: Oakridge Lanes.

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.501	T	9/14-12/14	3:30-5pm	11+	14	OL

Adapted Exercise **\$70**

This low impact chair based exercise program is designed for individuals of all ability levels, including those with Parkinson's Disease, Arthritis and Post Stroke. Components of the program include range of motion, muscular strength, endurance, and balance.

No Class 10/11, 11/11, 11/25

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.502	M/W	9/8-12/15	10:30-11:45am	18+	27	HO
261.2.503	T/Th	9/7-12/16	10-11:15am	18+	28	EV

Adapted Fitness **\$3 Drop-In/\$70**

This program, for persons with physical disabilities, is designed to improve cardiovascular health and endurance, increase muscular strength and toning, and refine flexibility and range of motion.

No Class 10/11, 11/26

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.504	M/W/F	9/13-12/17	1-3:30pm	18+	30	CM

Adapted Golf**\$10 per week**

This program is for persons with physical disabilities and offers instruction in adapted golf. Components of the program include stroke analysis, chipping, pitching, putting and golf basics. Food may be provided at special event. Location: Coyote Creek Golf Course.

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.505	F	TBA	11am-12pm	18+	TBA	CCGC

Kung Fu - Martial Arts for Ind. w/Disabilities \$65

This class is designed for persons with developmental disabilities and their non-disabled siblings and friends. The goal of the program is to promote good health, build confidence, character, and promote inclusion. Location: Moreland-West Rm 2.

Instructor: Elie

Course #	Day	Date	Time	Age	Mtg.	Loc.
294.2.890	Sa	9/25-11/13	4-5pm	16+	8	MW

Powersoccer**\$85**

Join the "San José Steamrollers" in the electrifying and growing sport of power soccer. Practices focus on basic skills, strategy, ball control, and team work. Opportunities to participate in tournaments are available. Open to persons using power wheelchairs. Food may be provided at special events.

No Class 11/27

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.506	Sa	9/11-12/18	1-4pm	All	14	CM

Wheels on Fire**\$85**

Wheels on Fire is a sports team designed for athletes with physical disabilities of all ages. A variety of sports are offered. Emphasis is on basic sport skills, team cooperation, and rules of competitive play. Non-wheelchair users of all ages and levels are welcome. Food may be provided at special events.

No Class 11/27

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.514	Sa	9/11-12/18	1-4pm	All	14	CM



THERAPEUTIC SERVICES

Wheelchair Basketball**\$3 Drop-in/\$84**

The Wheelchair basketball program is open to persons with physical disabilities who are experienced or are interested in learning this fast-paced, aerobic and competitive sport. The "Pacific Spartans" team is designed for adults who use manual wheelchairs and wish to participate in competitive play. Team membership is not mandatory for participation. Tournament opportunities are available.

No Class 10/11, 011/11, 11/25

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.507	M	9/1-12/13	6:30-8:30pm	13+	14	CM
261.2.508	Th	9/16-12/16	6:30-8:30pm	13+	14	MW

Therapeutic Recreation continues on the next page



Therapeutic Services (con't)

Wheelchair Rugby **\$85**

The "California Quake" is a sports team designed for quadriplegics using manual wheelchairs in this exciting and intense sport. Aerobic exercise, teamwork and skills for competitive play are integral parts of the program. Tournament opportunities are available.

No Class 11/28

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.510	Su	9/12-12/19	10am-1pm	13+	14	MW

Wheelchair Tennis **\$3 Drop-In/\$50**

The "South Bay Smash" tennis team is open to individuals with physical disabilities of all ages and skill levels. Drills and techniques of the game are reviewed during practices, and competitive play is available through tournament opportunities. Location: Santa Clara University.

Course#	Day	Date	Time	Age	Mtg.	Loc.
261.2.512	T	8/24-10/26	6:30-8:30pm	All	10	SCU
261.2.513	Sa	8/28-10/30	9:30-11:30am	All	10	SCU

SPECIAL EVENTS

Autism/PDD and Related Disorders Educational Support Group

A support group for parents, professionals and caregivers of individuals with Autism. Register with Parents Helping Parents at 408-727-5775 or go to PHP.com. Meets the 3rd Thursday of the month.

Brain Injury Awareness Games & Walk-A-Thon **FREE**

Enjoy a dance of carnival games, music and food while learning about brain injuries and resources available in the community to survivors of brain injuries. Register with Services for Brain Injuries at 434-2277. **Location:** Almaden Lake Park. Meets Saturday October 2 from 10am-2pm.

Community Adventures

A monthly special event program for individuals who are blind or partially sighted. Register with Lions Blind Center at 295-4016.

Mild Brain Injury Support Group **Free**

Contact the TBI and SCI Project at Santa Clara Valley Medical Center at 408-793-6428 for more information. Meets the 2nd and 4th Tuesday of the month at Cypress Senior Center.

Head Injury Recreation Leisure Network (HIRLN)

A collaborative Program between OTS and Santa Clara Valley Medical Center. HIRLN hosts a series of outings and special events for survivors of traumatic brain injuries and their families. A yearly calendar is available upon request. Call Dan Greeley to be added to the mailing list 408-251-4449. Events for Fall include: See additions page.

Events for Fall include

Month	Location
October	Comedy Night at the Improv
November	Thanksgiving Dinner
December	Holiday Shopping

Recing Crew **Cost Varies** Adults with Various Disabilities

Monthly special event program designed for adults with various disabilities. Register with Silicon Valley Independent Living Center at 408-894-9041. A yearly calendar is available upon request.

Events for Fall include

Month	Location
September	Trip to the Exploratorium
October	San Jose Sharks Game
November	Holiday Shopping
December	Holiday Dinner

Spinal Cord Injury Support Group **Free**

Contact the TBI and SCI Project at Santa Clara Valley Medical Center at 408-793-6428 for more info. Meets the third Thursday of the month at Cypress Senior Center.

Co-Op Dance

These dances are co-sponsored by Therapeutic Services in San José, Sunnyvale, Santa Clara, and Cupertino, Parks and Recreation Departments. Dances are open to youth with disabilities 13 and up. Cost is \$10. Registration is at the door only. **Location:** Cupertino.

Visit us on the web at www.sanjoseca.gov/prns or
email us at PRNS@sanjoseca.gov

OUR MISSION: TO SUPPORT THE LIVABILITY OF NEIGHBORHOODS, OFFER OPPORTUNITIES FOR INDIVIDUALS TO ENJOY LIFE, AND STRENGTHEN COMMUNITIES OF PEOPLE.